



Impact of Covid -19 pandemic situation on Emotional intelligence among North Indians

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ABSTRACT

We will be mindful of our influence, communicate our feelings, and treat interpersonal relationships judiciously and empathetically if we have Emotional Intelligence. The 'Corona Virus' poses a serious threat to the entire planet. Every country is doing whatever it can to stop the virus. Who could have predicted the corona virus, a tiny virus? It has shaken the entire world, and the most powerful president, USA President, the G8 leaders, and other very powerful people, despite having so many missiles and atomic bombs at their disposal, are now surrendering to the tiny virus. This is the natural world's strength. This is because life is full of obstacles, issues, and difficulties, and we always find ourselves unable to resolve them. For Indians, overcoming the problems caused by the coronavirus is also a major challenge. We will examine how Indians think and respond to pandemic disease in this article (coronavirus). Overall, we'll look at the effects of coronavirus on Indian emotional intelligence.

Key words: Emotional Intelligence, Coronavirus, Pandemic

INTRODUCTION

The World Health Organization (WHO) has stated the Corona Virus to be a pandemic in 2020. Wuhan (China) has been listed as a hotspot. It was discovered that a fish vendor in China was the first to be infected with the Corona Virus. The infection spread from the human to the human body over time. After that, it had crossed national borders and reached roughly 190 countries through humans. The first case was registered in India in January 2020. The number of infections may be significantly underestimated, according to experts, because India's testing rates are among the lowest in the world. India has a COVID-19 infection rate of 1.7, which is slightly lower than the worst-affected countries.

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On March 22nd, our Hon'ble Prime Minister Narendra Modi demanded a 14-hour Janta Curfew from the Indian people. On the following day, he requested lockdowns in localities where Coronavirus cases had transpired, in addition to all maintowns, and on the 24th of March, the Prime Minister declared a 21-day national curfew. Many chief ministers declared the closure of malls, restaurants, banks, schools,

colleges, universities, railways, airlines, monuments, and other businesses as a result of this announcement. Critical government services will proceed, according to the Honorable Prime Minister and Chief Ministers. Shops selling essential items such as beef, fruits, vegetables, drugs, rations, and so on will remain open, but the hours will be set. Later, the government issued orders to open banks with minimal human resources for a limited time. It is the first time that the entire planet is experiencing this fear. Everyone is concerned about their health, the economy, job security, and educational attainment.

Statement of the Problem

Every Indian citizen worries about the next day since the understanding news during the novel coronavirus was diagnosed in India. The Indian government has taken proper initiatives and measures by enforcing partial lockdowns in major parts of the country to contain the virus from spreading further. The government's mandate is to protect its nationals from this contentious disease. Here, Indian citizens struggle to manage their family, relationships, financial situations, and individuals careers and still handle the threat of the coronavirus. They are forced to go out of their way to fulfill their necessities every single day.

LITERATURE REVIEW

Emotional intelligence is a well-known construct that is linked to performance in all aspects of one's life. Emotional talent, according to Mattingly and Kraigler (2019), provides the foundation for emotional intelligence, which encourages social and private competencies in humans for improved overall workplace success. Those with a high level of competency can understand and influence the emotions of others, whereas those with a low level of competency cannot. They can normalize their emotions and work at a higher level within the company.

According to John (2021), the cutting-edge research aims to shed light on the role of emotional talent and emotional equilibrium in dealing with everyday crises, such as the current COVID-19 disaster, which has had a global impact until now. Data was gathered from a variety of outlets, including current global science concerns and publications such as the Centers for Disease Control and Prevention (CDC), as well as current countrywide issues.

There is a lack of understanding concerning the current coronavirus pandemic (COVID-19), which necessitates the clearing of the association between the bodily and psychological effects on humans worldwide, according to data released. Also, to emphasize the importance of emotional Genius and emotional balance in dealing with the current anxiety and nervousness brought on by coronavirus.

In the event of an outbreak, people are fearful of being infected with the virus/disease, resulting in anxiety, stress, depression, and other symptoms (Golleman et al., 2017). Stress is described as a feeling of emotional and physical tension that occurs when our homeostasis is threatened (O'Connor, 2019).

Objectives of the study

1. To determine Indians' emotional intelligence level.
2. To determine the degree of stress among Indians
3. To determine the level of fear that Indians have of the Corona Virus.

4. To assess Indians' ability to participate in a pandemic situation.
5. To gain insight into the emotions of Indians during the Corona Virus outbreak.

The Hypothesis of the Study

- H1: There is an important correlation concerning Emotional Intelligence concerning COVID 19 disease.
 H2: There is no important correlation between Emotional Intelligence and coronavirus spread.
 H3: There is no important correlation concerning Emotional Intelligence concerning lockdown.

RESEARCH METHDOLOGY

During COVID-19, from May to July, 201 respondents completed an online survey measuring Emotional Intelligence as part of a convenience sampling. SPSS software was used to conduct the data analysis. Working men and women (private/government sector), homemakers, authors, and students (undergraduate/postgraduate) were among those who responded. The study's qualified respondents were chosen using convenience sampling. The selected respondents were sent an email containing an online survey, along with a confidentiality statement and a summary of the privacy measures taken, including full anonymity of all responses. In most cases, a psychometric response measure was used, in which respondents indicated their level of agreement with an argument on a five-point gage: (1) Strongly differ; (2) Differ; (3) Unbiased; (4) Approve; (5) Strongly approve.

Drawbacks

- The survey was limited to private and government sector employees, homemakers, and students
- The study’s findings are based on the respondents’ responses.
- The survey was restricted to residents in the metropolitan area.
- The research was conducted from only Indian nationals’ perspectives.

ANALYSIS AND INTERPRETATION

Table Showing the Demographic Profile of the Respondents

Sexual category	Number of Respondents	Proportion
Masculine	65	32.30%
Feminine	136	67.60%
Age		
17-24	147	73%
25-35	25	12%
36-45	21	10.44%
46-60	4	1.99%
60>	4	1.99%

Sexual category	Number of Respondents	Proportion
Occupation		
Students	148	73.60%
Employed	47	23.38%
Housewife	2	0.99%
Business	3	1.49%
Writer	1	0.49%

Males make up 32 percent of the respondents, while female make up 67 percent. The disparity between male and female respondents is important. There has been a recent movement toward higher education in our youths today. Seventy-three percent of respondents in this research are between the ages of 17 and 24. This demonstrates that the youths are interested in advancing their education. Just 23% of respondents are employed. The government should do more to create employment for its nationals.

Hypothesis Testing

H1: There Is Important Correlation Concerning Emotional Intelligence Concerning Covid-19 Disease.

Variable	Covid-19 Spread	Number	Mean	Standard Deviation	F	Level of Significance
Emotional Intelligence	Direct Contact	91	3.88	1.146	17.78	0.005
	Indirect Contact	79	3.14	0.696		
	Both	31	3.68	1.282		
	Total	201	67	1.07		

The F value for emotional intelligence was 17.780, with a significant level of P=0.005. As a result, emotional intelligence varies significantly among respondents who have been affected by the covid-19 pandemic. The F test clearly indicates that there is a major difference in emotional intelligence when it comes to coronavirus spread. Respondents who agreed with both contacts scored higher in emotional intelligence than those in the other groups

H2: There Is No Important Correlation Concerning Emotional Intelligence Concerning Coronavirus Spread.

Variable	Covid-19 Spread	Number	Mean	Standard Deviation	F	Level of Significance
Emotional Intelligence	Agree	133	3.85	1.171	-3.072	0.005
	Disagree	68	3.39	0.944		

The t value for emotional intelligence obtained is -3.072, with a significant level of P=0.005. As a result, it can be inferred that respondents' perspectives on emotional intelligence vary significantly. The f test indicates that there is a major difference in emotional intelligence when it comes to coronavirus. As opposed to respondents who disagreed with this theory, those who approved place high importance on emotional intelligence.

H3: There Is No Important Correlation Concerning Emotional Intelligence Concerning Lockdown.

Variable	Covid-19 Spread	Number	Mean	Standard Deviation	F	Level of Significance
Emotional Intelligence	Strongly Disagree	33	3.35	0.938	36.417	0.005
	Disagree	47	3.03	0.407		
	Neutral	10	5.43	1.282		
	Agree	87	3.12	1.14		
	Strongly Agree	24	4.34	1.112		
	Total	201	67	1.07		

The F value for emotional intelligence obtained is 36.417, with a significant level of P=0.005. As a result, it can be assumed that during the lockout, emotional intelligence varies significantly among the various classes. The F test reveals that there is a major gap in emotional maturity when it comes to lockout. As opposed to other groups, respondents who strongly agree with lockdown have a higher rating for emotional intelligence.

FINDINGS

The lockdown measure was identified as a critical factor in emotional intelligence among Indian Nationals. However, the challenge of self-determination concerns on an international scale necessitating the need to address it. Numerous research from the reviewed literature supported this fact, as most individuals experience anxiety and depression when it comes to achieving the targets they have set for themselves. We recognize that Millennials are interested in worrying about their current situation as they feel the pandemic ruins their future opportunities. The majority of respondents, 68 percent, expressed concern about developing themselves beyond their job capacity. Although the majority, 75%, indicated that they are persistent in pursuing goals despite obstacles and setbacks, 22% indicated they have not yet outlined their priorities.

RECOMMENDATIONS

There are a few ways to alleviate Coronavirus fear, like conducting a search and learning about the

dangers of the coronavirus. Procedural awareness, which is a powerful protective factor, can be acquired through a comprehensive study. Individuals should try to pinpoint the root of their anxiety by recognizing their anxiety-driven reactivity, allowing them to step back from the anxiety. It's crucial to keep a safe distance from anxiety rather than being pushed into action before we've calmed down enough to think clearly. (Maheen, 2021). Anxiety, fear, rage, or frustration are all common emotional responses that indicate our bodies' natural protective mechanisms have been activated. We should doubt whether the information we obtain is rational and free of prejudice. Limiting one's input to sources of knowledge or deliberately seeking out information only from trusted outlets and bodies can be beneficial.

We will learn techniques to help us relax and find some peace of mind. Even if we start with just one thing, action is powerful. We wouldn't be so harsh on ourselves if we practiced self-compassion when we couldn't block out anxiety and pain. Fear is unpleasant, but it serves as a reminder that we are fully human. (Fernandez, 2020). We are encouraged to understand the effect of the pandemic on others by considering how others are currently feeling about the coronavirus threat. There could be people who are still ill or who have been quarantined while waiting to see if they have the virus. When faced with difficulties, we should seek assistance rather than attempting to do something on our own when we are not eligible. Consult with another clear-headed individual to find out what he feels or what he will do in this situation.

CONCLUSION

The research, titled " Impact of Covid -19 pandemic situation on Emotional intelligence among North Indians" has been analyzed and the findings interpreted. This analysis utilized a descriptive research layout and collected data from Indian respondents using a convenience sampling technique. An aggregate of 201 people were involved in the research. This thesis examines the impact of the coronavirus pandemic on Indian citizens using statistical analysis. According to the findings, there is a major gap in Emotional maturity when it comes to the nationals' lockdown steps. In terms of Lockdown steps, the study discovered a substantial difference in emotional intelligence post-COVID 19. For any of those involved in a major event, there would be intellectual fitness fines. It is estimated that up to 70% of those affected by a crisis will experience temporary mild depression, 15-30% will experience a psychological ailment in the medium term, and up to 10% will experience a long-term problem. (Rezvani, 2019). Fortunately, with professional guidance, the majority of those affected would improve.

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